

# ATHLETIC JOURNAL

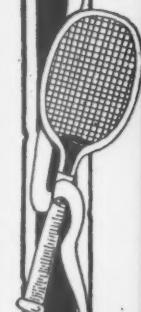
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NOVEMBER, 1921

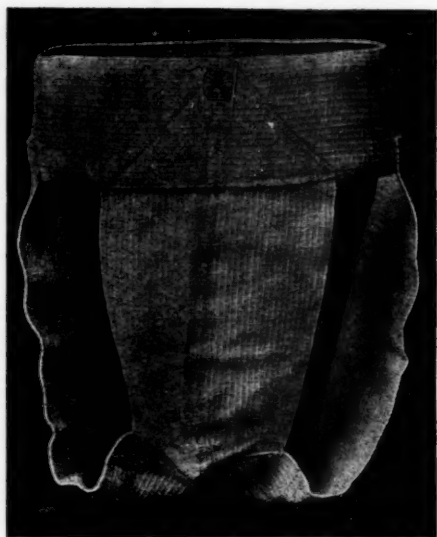
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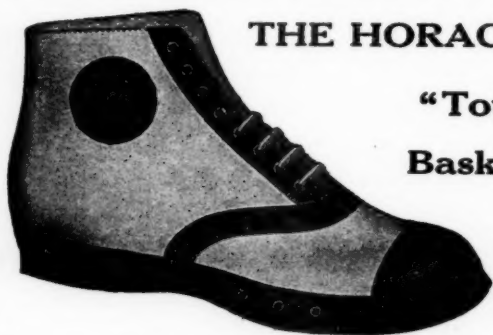
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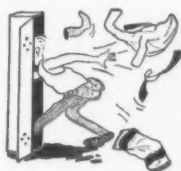
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# THE ATHLETIC JOURNAL

A PROFESSIONAL MAGAZINE FOR THE  
COACHES OF THE COUNTRY

JOHN L. GRIFFITH, EDITOR

VOLUME II

NOVEMBER, 1921

NUMBER 3

## CONTENTS

Team Morale and Football Axioms, <i>Fielding H. Yost</i>	5
Some Present Day Formations.....	7
Scouting .....	10
Advice to Quarters and Captains... <i>Ralph Glaze</i>	11
Wrestling for Beginners..... <i>Paul Prehn</i>	12
Elements of Attack.....	15
Editorial .....	16
A Line Play .....	18
Preliminary Training in Basketball <i>Frank J. Winters</i>	22
Soccer Football..... <i>Capt. J. M. MacKendrick</i>	24

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# The ATHLETIC JOURNAL

Vol. II

CHAMPAIGN, ILLINOIS

No. 3

## TEAM MORALE AND FOOTBALL AXIOMS

BY

FIELDING H. YOST

*Fielding H. Yost is one of the outstanding figures in football in America. His name is synonymous with the gridiron game at Michigan, and taking his years of service into consideration, he has won a remarkably large percentage of his contests.—EDITOR'S NOTE*

**F**OOTBALL coaches in the large universities of the country all realize the part that team morale plays in determining the outcome of games. Primarily this morale is based on the perfection of team play. The members of the eleven are welded into closer harmony by the feeling of mutual obligation which co-operation brings with it. The confidence that is felt by the man chosen to bear the brunt of the play, when he knows that his comrades will be there to help, each in his assigned place, contributes to the ideal feeling of team spirit and makes that team a potent force. To strengthen the impression in the mind of each of his ten comrades that he, himself, may be relied on to do his part should form the foremost endeavor of every member of the team. He must show others that, when the emergency comes, as it does come in every play, he is doing his duty. With such zeal firmly instilled in the mind of each man, football reaches the highest state of perfection.

Now, as in the early days of the game, eleven men constitute a football team, but modern requirements make it necessary that these eleven men play constantly to one end. If one of them lags, errs, or is inefficient, it is almost impossible for the others to get results, no matter how well directed may be their efforts. Individual strength, to wit, courage and agility must be there,

but they must weld themselves into a chain that makes every advantage possessed by one of the members of the eleven a common asset, one that is used to its utmost and at every possible opportunity. It is team play and only team play that will yield success.

The age-old cause for defeat, overconfidence, may be directly traced to the failure of a team to play together. When any eleven or any member of it feels that the coming game will be an easy victory, the germ for disunity is sown. No man, thinking that his team can win easily, will play his best. He puts into that game only a half-hearted effort, fails to do his share, and this state of mind spreads to every other member of the eleven so that a once perfect machine becomes disorganized and inefficient. Overconfidence is something that all coaches abhor; they do their utmost to prevent their men assuming this attitude and unless the team's point of view changes before the game, there is a very grave possibility that this team's morale will be so completely undermined as to result in defeat by an otherwise inferior eleven.

Perhaps the most insidious destroyer of morale, however, is the desire of a team or a member of that team to play football in a "dirty", rough, malicious manner. It is impossible for any player to do his best if he is endeavoring to violate

the rules of the game or to injure intentionally a man on the opposing team. His efforts are then bent on something different from football; his mind is diverted from doing his part perfectly in the play, and the result is disorganization. Team play is utterly broken up when members of a team cease working as a unit and endeavor to wreck injury upon some player on the opposing eleven.

With a few exceptions, the team that puts up a clean game will win. Unfair tactics are no more effective in football than they are in anything else. It is a team with a clear conscience that will have a good morale, and morale is a big factor in determining the outcome of many games.

#### FOOTBALL AXIOMS

Hurry up.

Hurry all the time. Football is not a slow or lazy man's game.

Be aggressive. You cannot win the game on your side of the scrimmage line.

Not how little, but how much, you can give should govern you in whatever you undertake.

What you get out of any game

depends on how much you put into it.

You cannot win today on what you did last Saturday.

The spirit of "Let George Do It" will not carry you very far toward the top.

The football field is the place to play the game, not to view it; the grandstands were built for the spectators.

Do your part; the plays are planned for eleven men, not ten.

Be an asset, not a liability.

If the game is going against you, keep your head up, set your jaw, and go to it. This will determine the stuff that is in you.

Use your head. Seventy-five per cent of football is above the neck.

Follow the ball; no one can play the game unless he is with the ball all the time.

A cool head is necessary. If you can't control your temper, you had better quit the game.

You are in the game to act, not to talk. Leave that to the captain or quarterback.

Do everything you possibly can. Don't leave it for the other men, but make it a personal matter.

## LESSONS IN AMERICANISM

At the football games played on Ferry Field, Ann Arbor, the University of Michigan students uncover and stand in a position of attention while the flag is raised and the bard plays the National Anthem. This practice was common during the war, when the fires of patriotism burned high, but in the majority of institutions has now been discontinued.

One of the great benefits of inter-school and inter-collegiate athletics is that they foster loyalty. It is a fine and inspiring sight to see a student body respectfully standing while they pledge their loyalty to their school in song, and every one

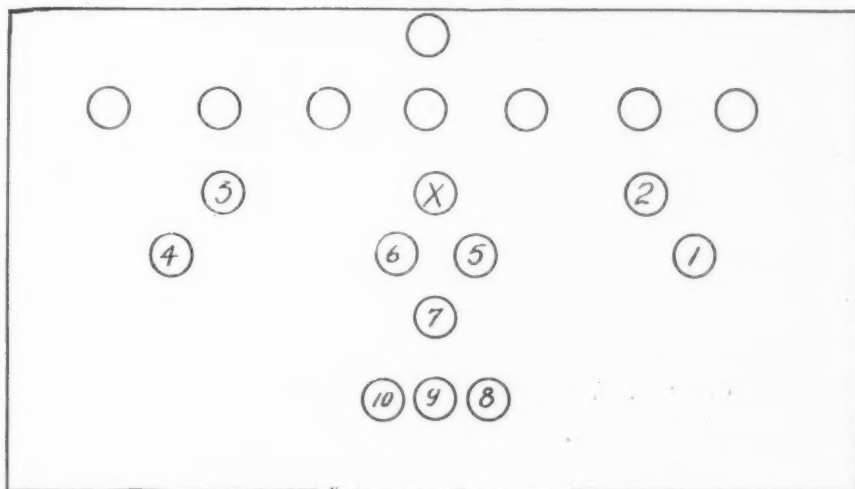
who takes part in these demonstrations is better because of the experience. The Director has a splendid opportunity to teach Americanism and loyalty to country and flag, at the same time that the bonds which unite students to the home institution are strengthened, by having the flag raised and the Star Spangled Banner played as the climax to student patriotism. The man who is loyal to his school will usually be found loyal to his country and likewise the student who is loyal to his country may be expected to be the most loyal to his school.



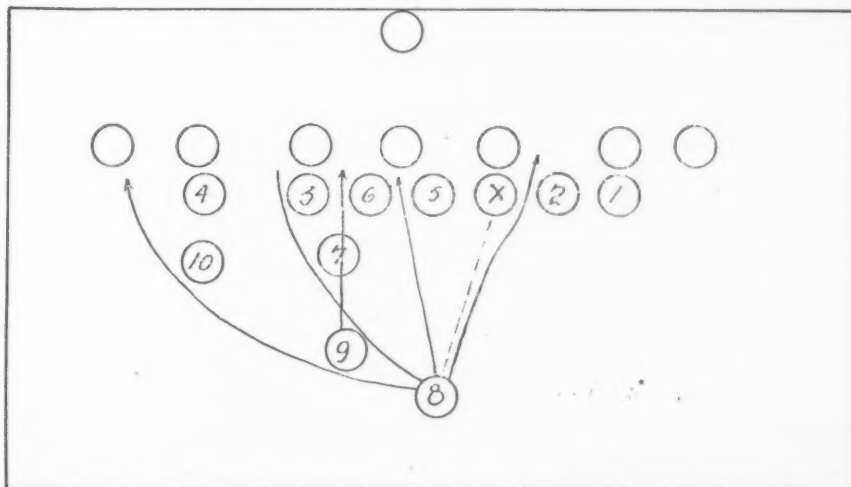
## SOME PRESENT DAY FORMATIONS

The following formations will give an idea of some of the strategy employed by coaches of representative teams in various sections of the United States. No attempt is made to outline all of the possible formations, but just to indicate some plays that are being used from each.

### A Dartmouth Shift

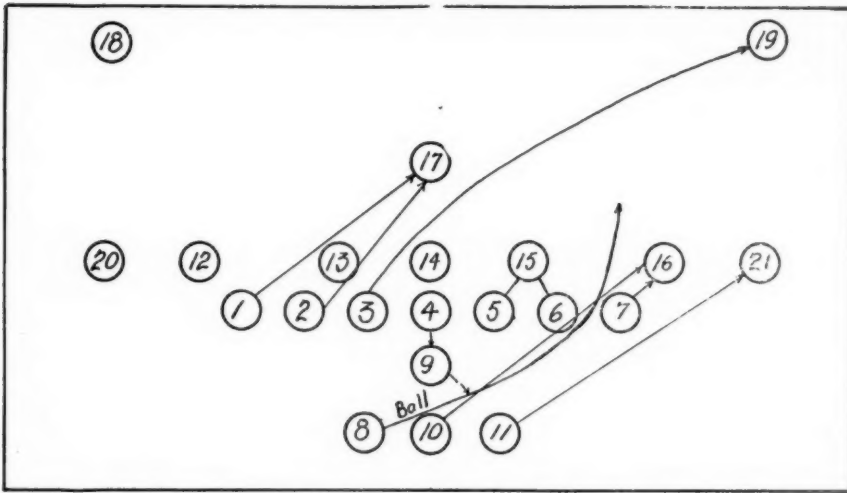


The formation above shows the preliminary position taken by the men on the Dartmouth team before a shift is executed. (1) and (4) line up just outside of the tackles and backs, the guards take a position which makes it possible for them to shift quickly to either side of the center, and the backs assume a regular formation.

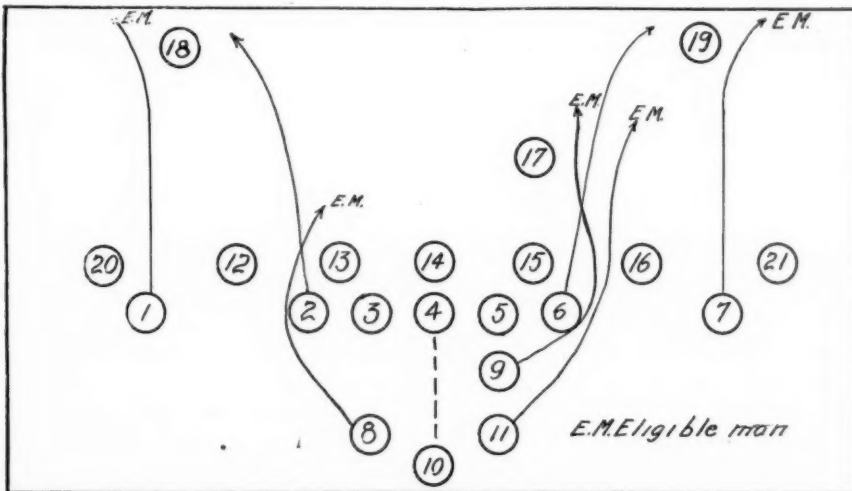


The formation after the shift is as follows. This formation places Robertson in the position marked number (8). Robertson can either pass, kick, buck, or run with the ball exceptionally well, and this makes the play unusually good. Sometimes the quarterback stays behind the center and sometimes he plays as shown above.

## Two Wisconsin Plays



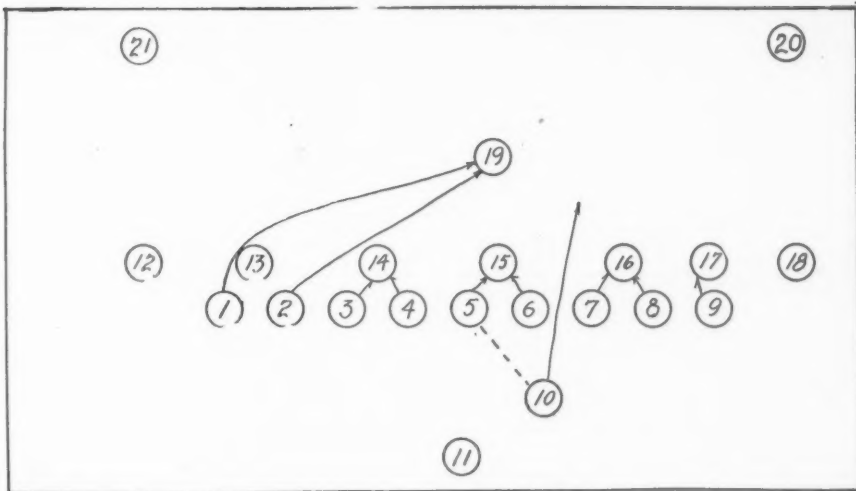
The above formation shows Wisconsin's off tackle buck which they are using very successfully this season. The play starts from a regular formation. The left end and left tackle block the defensive fullback. The left guard blocks the defensive left half. The center passes the ball and blocks the opposing center. The right guard and right tackle block the opposing left guard while the right end and fullback block the left tackle. The right halfback takes the left end and the left halfback carries the ball inside of tackle.



Above diagram shows Wisconsin's screen pass from a punt formation. The fullback receives the ball and is protected by the two guards who come back out of the line. He passes to any eligible man, but usually to the ends who have the tackles for interference. If the ball is caught the two halfbacks and the quarter are eligible and may receive the pass. With all of these men going down with the snap of the ball, the defense is often confused.

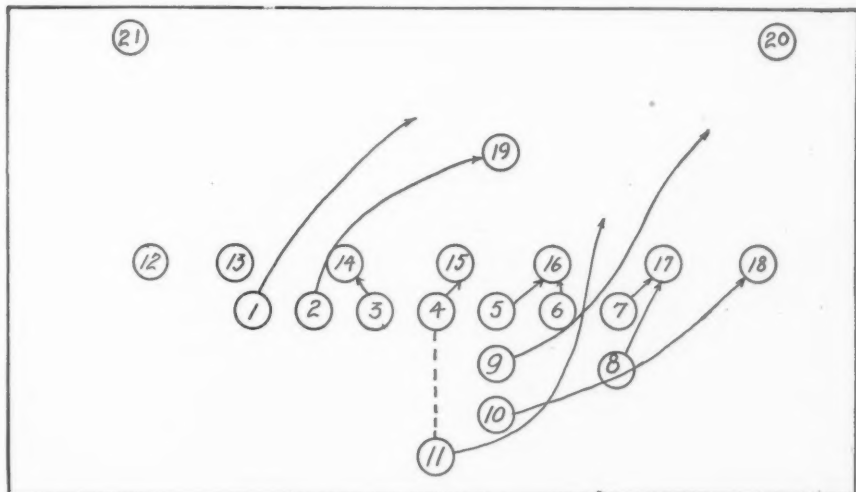


## Two Michigan Plays



From this formation plays are made through center, off tackle, and off short side. Most of the ground was gained with this play in the Illinois game. Number 10 is four yards from the line of scrimmage and number 11 is ten yards from center.

(1) cuts over center for interference; (2) hits (19), (3) and (4) take (14) out; (5) and (6) take (15) out, (7) and (8) take (16); (9) checks (17); (10) receives the ball going through center.



### Michigan Off Tackle Play

(1) crosses behind center for interference; (2) hits (19); (3) hits (14); (4) hits (15); (5) and (6) take (16) in; (7) and (8) take (17) out; (10) hits (18), (9) leads the drive off tackle; (11) takes ball over hole between (6) and (7).

## SCOUTING

**M**UCH time and money is wasted on poor scouting. An inexperienced scout will usually fail to analyze the opposing team's play and to detect its strength and weakness for two reasons: first, he allows himself to become interested in the outcome of the game, and, consequently, is not in a judicial frame of mind during the progress of the game. A good scout will not be blinded by his enthusiasm and will not have more than passing interest in the fortunes of the game. Second, he watches the ball most of the time and, consequently, although he may be able to report upon his return that so and so is a good man with the ball, and that the offense used the box formation, he cannot describe intelligently the play of the individuals who helped so and so to make his runs good.

The following are noted as suggestions for scouting football games:

First: The scout should be a man of even temperament and possessed of a fine sense of values. He is sent out to get the facts, not to give out either discouraging or encouraging reports for the effect that it may have upon the team. He should give his information to the coach for the latter to use as he sees fit. He should know football, the more the better, for the more he knows about the game the more he will be able to see and understand.

Second: Before scouting a game, the man who is going to do the scouting should write to the management of the rival team and report that he plans to witness the game. This is a practice universally followed in the larger schools and the home team usually extends the courtesy of a complimentary ticket to the visiting scout. Some persons feel that it is not ethical for a scout to take notes at a game, but no objection is raised to this practice in the leading football uni-

versities, and, in fact, the scouts are often given press box seats so that they may have writing facilities. If the game is a public contest, any one is entitled to witness the play and there should be no more objection to a scout making notes on what he sees than for a newspaper reporter doing the same. Of course, no self-respecting coach will send a scout to observe the mid-week practice of a rival team or to spy in anyway upon the other coach's plans.

Third: Before scouting a game, the scout should get all the advance information possible about the other team's lineup and individual men. This will help him in figuring out the lineup and in watching for individual play. It is well to have a small pad of paper, with the pages numbered, handy for recording notes on the game. Before the teams warm up, the weather, wind, and ground conditions should be noted.

Fourth: During preliminary practice, the scout should study the men on the field so that he will be familiar with them when the game starts. He should estimate the kicker's distance, any peculiarities in the kicking, such as number of steps taken, and should note whether the men catching punts are reliable or not. Further, he will note the general physical condition of the men, their injuries or weaknesses, and their speed.

Fifth: If only one man is covering the game, of course, he will not be able to record all that happens; for instance, he cannot chart the game play by play and observe the individual playing of the different men at the same time. Consequently, it is necessary for the scout to decide what the main essentials are and to make sure that he can de-

(Continued on Page 27)

# ADVICE TO QUARTERS AND CAPTAINS

BY  
RALPH GLAZE

*This article was written before the October number of the Journal containing Mr. Rockne's discussion of Field Tactics appeared. It is especially timely, coming from an athlete of Mr. Glaze's reputation, now when the big games are coming on. Ralph Glaze is one of the greatest athletes who ever played on a Dartmouth team and has been designated as a member of Dartmouth's all-star team for all time.—EDITOR'S NOTE*

**I**N planning for an important game the captain and quarter back should have a chart of the field; as a convenience, I draw arrows in the different sections of the playing area and place the signals for the plays on the shafts of the arrows. The following are suggestions of plays to be used in the different zones:

Inside your own twenty-yard line kick on first down unless the posts are in the way or there is a strong cross wind, say to the right. In this case, run from a kick formation to the left and then kick. Of course, there are other exceptions to this rule, such as when there is a violent wind blowing against the offensive side or when it is deemed advisable to cross the defense, but the above suggestion should be followed in the majority of cases.

Between your twenty-yard line and the forty-yard line is a zone in which it is hard to call the plays. Never pass here, but use running and bucking plays from kick or deep formations. Never buck your backs here from close formations, or you will wear them out, and further, you will tip off your offensive strength too early in the game. Save your punch for plays inside the opponents' twenty-yard line. For the area between your twenty-yard line and your forty-yard line I prefer deep formation plays with a shift that will get the line men into the interference for end runs. Split bucks, delayed bucks, or any plays that will gain distance without tiring the men are good in this zone. In this territory kick on any down, and if the op-

ponents have a good man running punts, kick the maximum distance out of bounds. Never kick to the wide side of the field from dangerous territory or straight down the field if there is a probability of a fair catch. Every time you can waste a play in this zone look for some weakness in the defense. See if the ends break line bucks, if the tackles play close or wide, if there is an open center, how deep the backs play on defense, if the defensive quarter is so close that a kick from a quick formation would go over his head, if your ends are capable of playing the tackles unassisted, whether the defensive full back charges with the play of the ball, if the ends play a waiting game, how they break interference, whether the defensive backs play a man for man or territory game. Never call a play without looking at the defense.

Beyond your forty-yard line you can pass, buck or run, but you should choose plays that will gain by strategy and speed. Onside kicks are good fourth down plays. In this zone do the unexpected. Pass on the first down once in a while. Get the opponents' backs in with a few bucks and then pass. If you have two sets of backs and you have a play that is gaining two and a half yards every down, keep it up without a change, as one loss will force you to pass or kick. Get your touchdown and then change your backs if necessary.

When you get inside the opponents' twenty-yard line, you should have found a weakness. If you

(Continued on Page 19)

# WRESTLING FOR BEGINNERS

BY

PAUL PREHN

*Mr. Prehn, whose picture is just below, won the middle-weight wrestling championship of the armies of the world at the inter-allied meet in the Pershing Stadium in Paris in 1919. He is now wrestling coach at the University of Illinois.—EDITOR'S NOTE*

**W**RESTLING is becoming more popular in the schools and colleges each year, and especially since the war has interested more participants than ever before. The emphasis which the army officers placed on athletics, and particularly combat-athletics, such as boxing and wrestling, partly accounts for the rapid growth of wrestling.

I may be partial but, nevertheless, I believe that wrestling develops a boy quicker than any other form of athletic activity. It teaches him the principles of self defense, makes him aggressive, trains him to think and act quickly, teaches him to endure punishment, and further, it calls for stamina and physical strength. In fact, I should like to see wrestling taught in the grades and secondary schools as well as in the colleges and universities.

This article will first touch upon the fundamentals of wrestling as it is necessary for any one who would be a successful wrestler to master the fundamental movements before attempting any intricate maneuvers. There are a number of freak holds and some men have been successful in using one or more of them, but they should not be taught to a beginner. The following methods are simple and in my experience have proven successful.

When beginning to wrestle on the mat, be sure to keep your knees, elbows and shoulders protected, as your skin will be tender, and if you slide over the mat you will receive painful mat burns. Rubber-soled shoes should be worn. The mat should be about sixteen feet square and two inches thick.

The first position to assume in wrestling is the "On Guard" position, as shown in Illustration No. 1. The feet should be well apart, the left foot in advance about a walking step and to the left. The weight should be equally balanced on the balls of both feet, knees slightly bent, body inclined forward at the

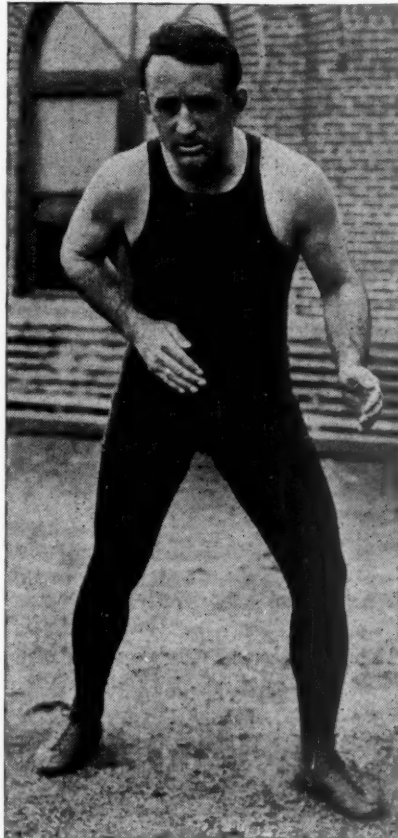


Illustration No. 1

waist, stomach drawn in, forearms raised and extended, fingers close together but extended, elbows close

to the sides and chin drawn in. From this position you will be well balanced and you can shift quickly in and out and protect your feet. Be careful not to stand with the feet too close together or you will be easily upset. Do not crouch too much or you will be slowed up in your movements. Of course, your position will vary when you work

leverage you obtain, and place your head alongside his left leg, but be sure not to get it between his legs, for if you do he will probably clamp on a head scissors and besides you will be in an awkward position. When in the position just described, hit him just above the left knee with your left shoulder and snap his left foot forward at

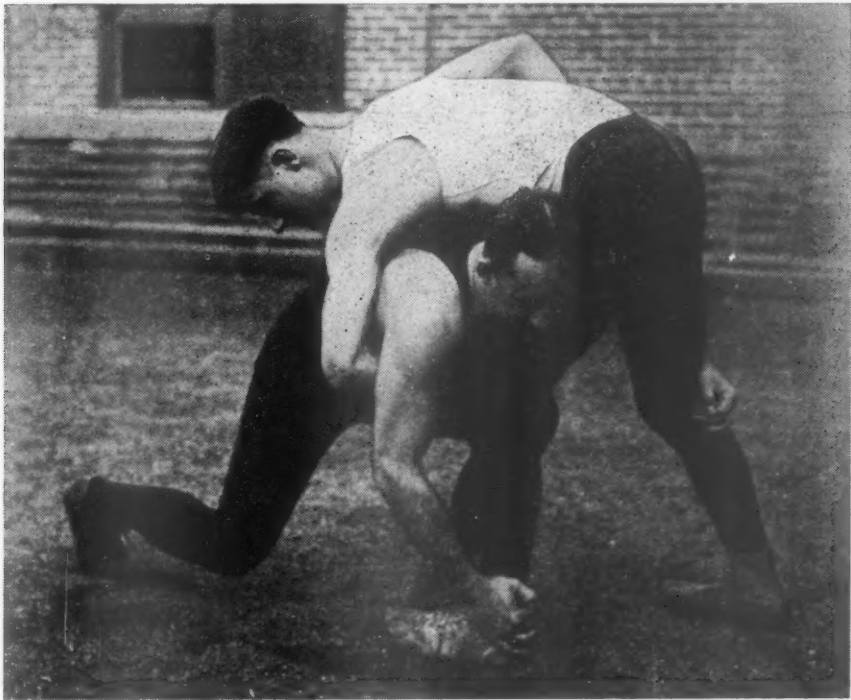


Illustration No. 2

with an opponent as it will depend upon his offense and defense.

There are a number of good methods of taking a man off his feet, but the one shown in Illustration No. 2 is the best one I know, and it is favored by a great many good wrestlers. It is executed as follows: maneuver your opponent into the right position, then drop to the right knee at the same time that you step in with your left foot; place your right hand on his left heel or as low as possible and your left hand behind his right knee or lower, the lower the hand the more

the same time. If this action is timed properly, the opponent will be thrown to the mat with little effort. When he falls, follow him closely.

The defense for this attack is to jump back, spread your feet apart, throw your weight forward, place your left hand back of his head and push down on the back of his head and at the same time shove your right hand into his crotch and pull him forward. By doing this you should be able to go behind him. This defense is good for almost any attack from the front.



There are several good positions on the mat. Illustration No. 3 shows the most practical position, both for the man on the mat and the one who is behind him. The lower man is on his knees and toes, the toes are turned either in or out, depending on which is the more comfortable, (most men prefer to turn the toes in) the hands are flat on the mat and the elbows are slightly bent, as they may be in-

side crotch and half Nelson. Frank Gotch won most of his matches with this hold. He received a great deal of notoriety from the toe hold, which he was credited with inventing, but the truth of the matter is that he scared his opponents with the toe hold and beat them with the crotch and half Nelson.

This hold can be best applied when the opponent is on his side. To secure it properly, place your



Illustration No. 3

jured by the man on top if they are kept straight and rigid.

The man above is on his left knee and left toe. His right knee is bent and his right foot is flat on the ground. The arms are around the opponent's waist with the left arm reaching well under the other man's body. The man on top should be able to keep his opponent on the mat when he is held in this position and, further, the lower man cannot protect himself very well when so held.

One of the first holds that a beginner should learn, both because it is easily mastered and also because it is very effective, is the in-

right arm deep in the crotch with the left arm under his left arm and back of his neck, thus getting the half Nelson. Keep your feet apart and hold your chest against his body to help in turning him. To make the hold more effective, raise him up on his shoulders with your right arm; then place your right knee against his back to hold him up when you get him there. If you can force his head and feet close together it will be all the more effective. In this, as in other holds in wrestling, always make the opponent carry your weight when you can.



## WRESTLING FOR BEGINNERS



Illustration No. 4—Inside Crotch and Half Nelson

### ELEMENTS OF ATTACK

**T**HERE are two and perhaps three well defined principles of attack now adhered to by football coaches in the leading colleges. It is the purpose of this article to state the underlying ideas of these conceptions and not to champion any one.

First, there is the old idea, as old as the game, whereby the offense waits until the defense is set and then the general on offense looks for a weakness in the defense and sends his attack at that point. If the tackle is close, he sends a slant off tackle; if the guard is being pushed back by the attacking rush line, he drives a back through the opening; if the secondary defense is close to the line, he calls for a pass; if an opposing line man is groggy, he throws the weight of his attack at

him. This theory assumes that the defense is more or less set for the attack, that the attacking side knows where to hit most effectively and further permits the offensive side to use studied methods of blocking against the men on defense.

Second, another theory of attack pre-supposes a fast shifting offense that moves to a given spot, if possible before the defense can shift to oppose it or to oppose it effectively. This is the basis of the shift plays now being used by so many of the football strategists. It places the burden on the men on defense who must shift very rapidly to oppose strength with strength. Since a line and back field which move rapidly to a new position for attack

(Continued on Page 30)

# *The* ATHLETIC JOURNAL

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JOHN L. GRIFFITH, Editor

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## SPORTSMANSHIP IN THE STANDS

The test of sportsmanship in school and college athletics applies not only to the men on the teams, but also to the spectators in the stands. It is easy to overlook a breach of ethics on the part of an athlete keyed to a high pitch of excitement in the heat of a contest, but what plea beyond that of ignorance may be made for the spectator who commits unsportsmanlike acts in the stands, and ignorance excuses no one.

The following may be noted as some of the things that are not done in the best amateur athletic circles: First, addressing uncomplimentary remarks to the officials. Usually these remarks, which are seldom heard by the officials in question, are intended as witticisms by the perpetrator. The school which harbors these persons acquires a reputation for cheap sportsmanship, not only among the officials, but also in the minds of the other spectators. Second, criticizing the players of either team. As a rule these criticisms are made by students who do not know enough about the game which is being played to make a place on the team, yet they feel free to criticize the men who have won by hard work their positions on the team. Usually these criticisms are levelled against the players on the visiting team and are intended to be derisive. A cheap burlesque show invites and expects insulting bandinage on the part of the audience, but a high-class playhouse protects its patrons by ejecting any one who would loudly voice his disapproval of the actors. Some one suggests that top-notch performers are not criticized unjustly, but this is not true. Babe Ruth was booed in the recent world's series. Again let it be stated that players are not subjected to abuse at the hands of the students in the best schools and colleges.

Third, whining over a defeat or boasting over a victory. It is too much to expect all of the members of a student body to be able to take defeat gracefully, but some schools and colleges pride themselves on the quality of their sportsmanship when subjected to this severest of all trials; and these institutions place the stamp of disapproval on public "alibis" on the part of individuals and never try to explain away a defeat. To play the game for the love of the game, to be magnanimous in victory, big-souled and uncomplaining in defeat, that is the part of good sportsmanship, a quality that is to be found in a great many of our schools and colleges today and is lacking in others. Let us have improved sportsmanship not only on the fields, but also in the stands, for therein lies the essence of all that is big and worthwhile in America.

## WHAT IS COACHING?

A great many football coaches spend their time, night after night, in driving their men to harder efforts. They exhort the players to block their opponents on defense, to go down fast under kicks, to tackle hard, all of which is good football advice; but it should be tempered now and then by suggestions as to how to block a troublesome member of the opposition, or in what manner to get by the opponents who are making it difficult for the offense to get down fast under the kicks.

If a football player has average mental capacity and he plays football long enough, he will learn the technique without the service of a coach. A good coach, however, will save his men a great deal of time by showing them how to accomplish the desired results.

What has been said in the foregoing lines also applies to the instructions by the coach between halves. The excitable coach sits on the sidelines during a game and sees only the progress or lack of progress of the ball and between halves all he is able to do is to tell his men to fight harder while the chances are that what is needed is advice regarding methods of stopping dangerous line men, suggestions regarding plays to be used in the second half, and such technical pointers as methods of stopping the opponent's dangerous plays or suggestions why his own plays do not succeed. By way of illustration, a certain university had a quarterback who could kick or pass or run with the ball exceptionally well. Consequently, he was featured in a punt formation. A rival coach, however, had learned through his scouts that this quarterback seldom if ever ran to the left, and so when his team played against this famous player, on all punt formations shifted his line a man to the left. The result was that his team was thus enabled to stop all of the quarterback's runs to the right. The point of the illustration is, however, that neither the opposing coach nor the members of the visiting team saw what was the matter and took advantage of the shift by running some plays around the defensive side's weakened right end.

Driving of a certain kind is necessary in football; in fact, the majority of the best football coaches are hard taskmasters, but a large amount of demonstration and instruction of a definite kind are likewise required.

A rule that was followed in the bayonet schools during the war was, "that instructors should demonstrate how the thing at hand was to be done rather than tell the man how." Each instructor was required to take the rifle in hand and to show the section how to execute the different movements rather than to tell the men how to do it. The result was that the time required to master the lessons of the bayonet was shortened. The coach who values his time will demonstrate a good deal and do but little talking.

## A LINE PLAY

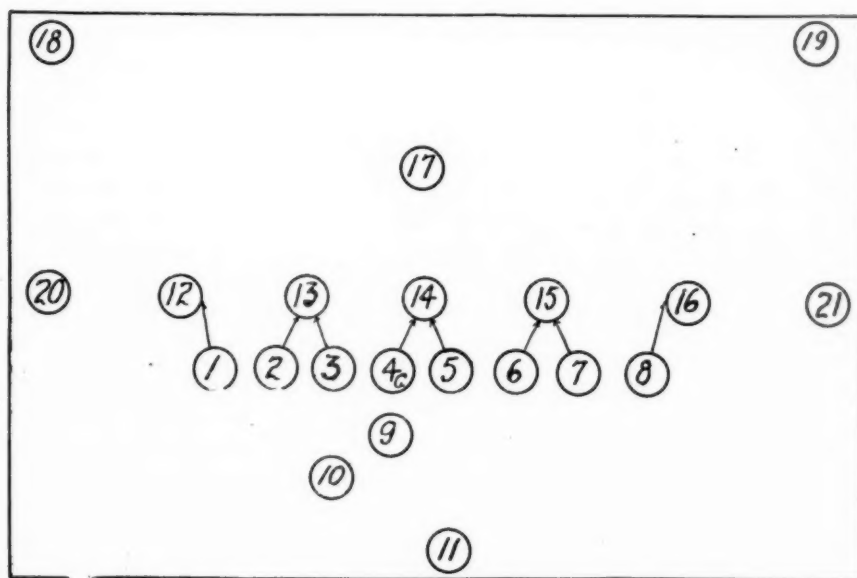
ONE of the best methods of gaining ground through the line is by means of an eight-man line formation. This attack is based on the theory that the opposing tackles will play outside of the offensive ends, or, as it is usually expressed, just off their shoulders. If the defense should play an open center, so much the better, but even if they play their center in the line, the bucks should work until the tackles realize that this is not a strong running formation and consequently play in closer.

The backfield man who can charge and open holes should be played in the line, preferably between guard and center. He can also run interference from his position. The strength of the formation lies in this, that if the defensive tackles play wide the offense will have six men in the line to oppose

the defensive guards and center. The following diagram will illustrate the possibilities of the play.

It is difficult to base a good running attack upon this formation, and yet it may be used successfully if the opposing tackles are drawn in too far. By quickly shifting an end back a yard and thus uncovering a tackle a good forward pass play may be executed. However, as indicated before, the chief value of this formation lies in its strength as a maneuver for a line attack.

One and 8 turn 12 and 16 out; 2 and 3 shoulder block 13; 4 and 5 take 14, and 6 and 7 take 15. These men should drive their opponents back. The best buck is where 11 goes through between 14 and 15, although 9 may make a quick drive to either side of 14, or 10 may make a quick line opening play between 13 and 14.



The defense for this play is to move the tackles in opposite the offensive ends, thus making the defensive ends responsible for end runs. The defensive guards should thus be able to oppose the offensive line men by concentrating on the territory between them and center. The defensive full should meet the play in the hole in the line.

(Continued from Page 11)

have failed in this, pass on first down, a fourth down pass is useless. Here is the place to let the opponents' line alone. The fool play is quarter through center. Use short passes here that do not go over the goal line. The following are good, depending upon the style of the defense, viz.: split and delayed bucks, wide tackle bucks, cut backs, hidden man plays, fake passes and runs, fake drop kicks, plays that will draw the ends in and send a man outside with a delayed pass, series plays, in fact anything but line bucks unless you need only a yard. In the latter case use a diving play where the back receives the ball on a direct pass and dives over the line. When going for a touchdown, keep away from the side lines. The successful plays here are all shopworn. Never run an end run to the strong side unless deliberately to waste a play. It is better to make the maximum distance on a buck that will take the ball out of bounds. In this case the back should remember to kick his feet over the side line. Sometimes a pass to the short side of the field will work and a high onside kick is likewise good. A fake line buck with a pass over the line will frequently draw the defense up in this zone, and if it is intercepted not much harm is likely to be done.

The following are suggestions for both quarters and captains to consider. Practice your signals once in a while as though playing a game. Scrimmage as you would in a game, and use officials. A quarter should know the rules on penalties. Further, he should let the coach know when a man should be removed, either on account of injuries or inefficiency. I have seen many games lost by shielding men who were just in there because they were game.

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the captain should warn his line-men against getting offside or holding, as a foul hurts when the penalty is imposed here.

Always keep posted on the down and the time left to play. If you have the wind with you and a minute or two to go in a period, be sure to kick before you change goals and then have the wind to face in the next quarter.

Try to equalize the work for the backs, but pick the most efficient man for each kind of play. This is of the greatest importance when you have backs who can play different positions on shift plays. In fact, when there is a scarcity of backs, it is well to use a system by which the man can play two positions and can be shifted where desired.

When time is out, plan your next plays with your team about you. You should get much information from your line men on these occasions regarding the weaknesses of the opponents.

If you are using an unbalanced line, send a play to the short side once in awhile. This will keep your opponents from shifting to meet your strong plays.

Do not use phony plays alone or you will only win when you are lucky.

Do not hurry your men by giving the signal when they are on the ground. You gain little by giving a play without seeing the defense.

When you are ahead in the last quarter, do not pass or attempt to drop kick.

Study plays for wet days. Plays from a close formation with few runs are best. Split bucks, hidden man plays and kicks are good in the mud. Onside kicks are better than passes.

Be cocky and full of confidence. Never allow anyone to bother you while you are giving signals.

Kick to the opponents at the start of the game. It pays in the long run.

On defense, the quarter is in the best position to size up plays, shifts, weaknesses, hidden men and tricks. It is well to have at least three defenses and the quarter should call them at the right time. Be sure to call the center back on fourth down when the opponents are likely to pass. Watch when a back goes up onto the line, for this usually means a pass to a tackle. Knock down a long pass on fourth down. Watch for onside kick formations and let your men know when one is played so that they can block the eligible men. Always watch for a fake run to one side with a back sneaking around the other side for a pass. Never tackle a swift runner straight on, but make him turn one way or the other before diving. Chase him toward the side line if possible.

If a team has you on the run, the captain should take time out on some pretext and remedy the defense.

The quarter back on defense should remember to fall on a free kick back of the goal line as it is in play. He should know when to fair catch and should call for one when the game is close and the kick is high. He should let a hard kicked or rolling ball roll into touch when inside his own twenty-yard line. He should be careful not to get in so close on defense that the offense will place a quick kick over his head. Neither should he play so far back that he cannot get into the plays. The down usually determines how close in the quarter can play. He should watch and see if the opponents' ends hit the tackles before coming up.

When the sun is low, the captain should send two men back to receive punts. Before a kickoff or punt, he should tell his line men to scatter out as they go down the field,



as slow men are easily dodged by fast backs. He should keep his safety man back on the kickoff and should warn his ends to run straight down the field, watching for backward passes and criss-crosses.

A team has a character the same as a man. The quarter is the brains and voice of a machine that will run in any gear that the quarter puts it in. His expression and bearing are reflected in every play to ten men. One faltering misstep will cause lifelong regret, for we play these games over for years.

#### QUESTIONS AND ANSWERS

**M. R.—Me.** A man on defense intercepts a forward pass behind his own goal line and in attempting to run it out is thrown before he reaches the field of play. What is the decision?

**Ans.** Touchback and the ball is put in play on the twenty-yard line.

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# PRELIMINARY TRAINING IN BASKETBALL

BY

FRANK J. WINTERS

*The author of this article attended the University of Nebraska, where he was conspicuous in athletics. Later he attended the Y.M.C.A. Training School in Springfield, Massachusetts, from which institution he graduated. He has had experience in coaching basketball, both in high schools and in the University of Illinois.—EDITOR'S NOTE*

IN many schools where football is not played, the basketball season is already under way, and before this month has passed, basketball will have replaced football in practically all the schools of the country.

With this comes the forming of plans for the basketball season, the changing from an outdoor to an indoor sport, the launching of a long, hard grind. No season should be started without having a fixed outline to follow, and in order to make out a definite schedule there are a few very important things to be considered, viz.: the number of games to be played during the season; the length of preliminary schedule; time before the first game; number and length of practice periods per week; and program for daily work, especially during the preliminary season.

In making out the schedule for a season in any sport too often we lose sight of the most important factor, the playing of that schedule, and the individual player. It has been proven many times that a boy who has not reached his full growth and development should not be kept in rigid training for a longer period than eight weeks. Although our college and university players come closer to having reached their full development, they are not required to play so long a schedule as the prep and high school players. Most of our larger schools play eight or less football games a season, while the high schools rarely ever play less than nine or ten. In basketball the college or university schedule calls for fifteen and twenty games, while a high school plays

twenty to twenty-five and many times the number runs into the thirties. The usual result of such long schedules is that the players themselves get tired of basketball and it becomes a drudgery to practice and play rather than a pleasure, which it should be. Often a schedule is ended with a tournament, especially in high schools, which means the playing of three, four or five games in one week end. Too often a good team loses out because the men are played out or have no interest or recuperative powers, due to too much work playing such a long schedule.

Because of the increased interest in basketball, there is a greater demand for more games, but in trying to please the spectators and increase the receipts, we should not lose sight of the fact that there is also a demand that more games be won, so we must be careful not to weaken our chances of winning by overloading our players with games.

For some teams there is no preliminary season, for they start at once to play games with teams their own size and strength, but the majority of schools, especially colleges and universities, have a few games in the early part of the season which are considered practice games. Often these games are with schools of their own size and strength, and result in defeats, but still they are not included in the percentage column for the season.

Every team should have time to develop gradually and not be hurried through the fundamental stage of the season. The first weeks should be spent entirely in individual work and no attempt made towards team

play or scrimmage till the players have formed their habits of handling and passing the ball. This period should extend up to Christmas and then as school opens after the vacation, you are ready to begin the regular schedule. By having a long preliminary period you are able to spend the greater part of your early season drilling on fundamentals. This drill should be individual and repeated until every man has formed a habit of catching, passing, shooting, stopping, turning, guarding, and dribbling under your direct supervision. After this is accomplished your men are ready to start on team play and are less likely to form bad habits or slip back into their old ones, even though you are not giving them so much individual attention. After a team is well grounded in fundamentals, it takes a very short while before they are ready for their first

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# SOCCER FOOTBALL

BY

CAPT. J. M. MacKENDRICK

*Captain MacKendrick has made a life study of Soccer in England, Scotland, Canada, and the United States, and the suggestions offered in the following article are the suggestions of an expert whose opinion is valued wherever Soccer is played.*—EDITOR'S NOTE

## Halfback

### QUALIFICATIONS:

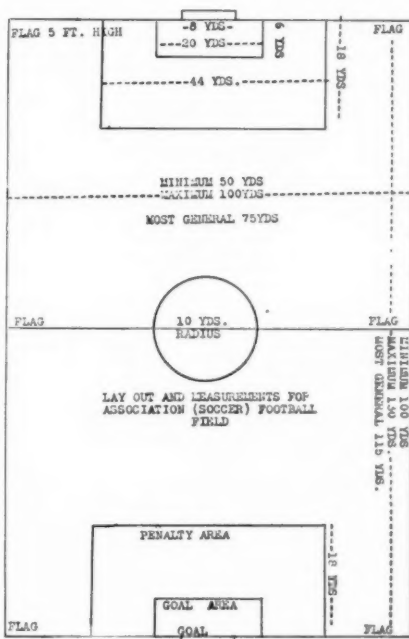
**Q** Height. As there are essential differences between the wing halves and center halfback, we will deal with the wings first. For wing halfback a man of medium height is best, five feet seven to five feet nine inches.

**2. Health.** The halfback line is the "crux" of the team. The "middle" line is the backbone, and if there is any weakness here, either in offense or in defense, it will show on the team as a whole. A halfback, therefore, requires above all things, good health to enable him to stand the strain of being on the offense one minute and on the defense the next. He must cultivate "stamina" to enable him to keep up with his own forwards and go back to his own backs. The halfback has the most running to do on a team; he must needs be strong.

**3. Judgment.** This is the next requirement in a halfback. A man may be a good tackler, but it is judgment that enables him to intercept passes and teaches him what to do with the ball when he gets it. This will save his forwards much useless running and will enable him to advance the ball to the best advantage.

**4. Tackling.** A man to be a good halfback must learn the art of tackling. This means fearlessness; it means making up one's mind quickly and carrying it out; it means staying with the man until you get the ball or force him to part with it. Keep between him and your own goal.

**5. Hints.** There must be a thorough understanding with the fullback behind and the two forwards in front of the half. As it will be the duty of the wing half to cover the inside wing man, he must closely observe the style of play adopted



by the players. He may be a dribbler, like Bobby Walker; he may be a shot, like Steve Bloomer; he may be a McMenemy or a MacMahon, and he must make up his mind how he will deal with them.

The half must learn to dribble and he must be able to pass accurately with either foot and on occasion he must be able to shoot for goal. (Just a word of warning however on this: J. T. Robertson,

perhaps the greatest halfback that ever represented Scotland, had one weakness; he wanted to shoot and the records show that he scored six goals in International matches which would seem to favor a shooting half, but Robertson often played his forwards offside because of his tendency to shoot. His successor on the Ranger's team, Johnny May, was a much more profitable halfback to his team because of his faculty of placing the ball to the forward.)

The half must be a sprinter of the middle distance variety; there must be speed, but there must also be sustained running.

Learn to get rid of the ball quickly. If you must, beat your own man *once* and then part with the ball.

Don't crowd the inside forward too closely. If there is one point in which the English game beats the Scotch it is this; the English halfback gives his inside forward plenty of room to play, whereas the close game of the Scotch tends to crowd him.

### Goalkeeper

#### QUALIFICATIONS:

**Q** Height. A good goalkeeper should be from five feet nine inches to five feet eleven inches in height.

This does not necessarily mean that a man less than that will not make a good goalie. One of the best goalkeepers that ever guarded the uprights was Dan McArthur of the famous Glasgow Celtic team, and he was only five feet five inches, but he was the exception. Nor does it mean that a man six feet or over will not do. One of the greatest exhibitions of goalkeeper the writer ever saw was in a Glasgow vs. Sheffield match with the giant Foulke in goal for Sheffield, but again he was the exception.

A goalkeeper must be tall enough to deal with high shots, but also he

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must be agile enough to deal with low, fast grounders. A small man may be agile enough to jump for the high ones and a tall man rapid enough to get down for the low ones, but the average man can't, and so we conclude that a man about five feet nine inches is best fitted for the goalkeeper's position.

2. Health. The goalkeeper must be in the very best of health. For long periods in a game he must be content to stand idle in the goal. His side may be strong in offensive with the result that the goalie will have to stand twitching in the goal, fighting the cold which is the average goalie's nemesis, hence the emphasis on the health.

The long intervals when he has to wait for action are trying on the nerves. There is the knowledge that he is the last line of defense; if he falters, then all is lost. He must not lose his nerve, even when being hustled by opponents. To withstand cold, to be free of nervousness, to be courageous in face of a terrific attack, a goalie must be in perfect health.

3. Judgment. This is perhaps the chief thing to cultivate. Brownlie, who has for years been the leading goalkeeper in Scotland, has been written up as "mesmerising the ball". The fact of the matter is that he had an uncanny way of judging where the ball was to be placed and his judgment of height and speed coincided with his judgment of the kicker with the result that he was usually at the proper place to receive the ball. Correct judgment comes from keen observation; goalies must develop judgment of the player in front of him, judgment of speed, height of ball and of the vagaries of the ball on the ground.

4. Hints. Never use the feet in saving when it is possible to use the hands. The feet are not sure, whereas with the hands it is always possible to place the ball out of

reach of the opponents bearing on the goal. Of course, sometimes it is necessary to kick and the goalkeeper should indulge in *kicking practice*.

Never fist the ball if it is possible to catch it. There are times when it is necessary to fist it, the goalie may be hard pressed; a fast shot may be sent in and there is no possibility of his being able to catch it, so then he must fist it; this should be done not with the closed fist, but with the ball of the thumb and wrist, as in the case of a high ball, with the palms of the hand. This is a good way to glide the ball over the bar. It is better to give a corner than to keep the play in dangerous proximity of the goal.

When a corner kick is being taken, the best position for the goalkeeper is against the upright furthest from the corner where the kick is being taken. It is easier to run in to a ball than run back for it. The goalie wants to be in the position to meet the ball rather than be placed in such a way that he has to scamper for position when the ball is on its way.

Because the goalkeeper has to be alert and agile he should cultivate speed by practicing short sprints. He must learn to start quickly off his mark.

In saving a penalty kick, which is a nerve racking experience, the goalie should remember that nerve will enable him to have the advantage. The kicker will be studying him, he will know the weakest side of the goalkeeper and will make an attempt to place the ball there. The goalie must outwit him if he has to have any chance to save at all.

#### Fullback

### QUALIFICATIONS:

**Q** Height. A fullback should be from five feet ten inches to six feet in height.

Many managers argue in favor of  
(Continued on Page 28)



## SCOUTING

(Continued from Page 10)

scribe these intelligently upon his return home.

Sixth: One of the most important things in scouting is to detect the individual differences in the various players. This can only be done by watching a certain man for a few plays until fairly sure of his style of play, then another, and so on, until every man has been studied. Every team has some place in the line that is weaker than the other places. A good scout will find where that spot is. Some line men have a tendency to slice in the line; those men should be noted. Some are weak in the use of their hands and permit offensive line men to drive against their bodies and legs. Some are hard to move out of the way and yet they are not aggressive and, consequently, do not break through and spoil plays behind the line. Some play wide or high, or

stand with their feet too close together. All of these things are matters for record.

Seventh: After noting the individual play of the line men, these things should be looked for: what men are especially proficient in blocking; who is the best line buck-

(Continued on Page 29)

### The Line Man's Bible A Football Textbook

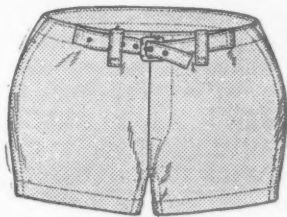
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## SOCCER FOOTBALL

(Continued from Page 26)

height and weight, and they point with pride to men like the late "Nick" Smith, Drummond, Crompton, Sharpe, etc., who were "giants" in height and weight. But the big man, because he cannot get down in a charge, is at a disadvantage to the little man who usually plays outside forward.

A featherweight will not do for the position of fullback, but a man above that weight who has plenty of pluck will make good material for this position, provided he has the other qualifications.

2. Health. The fullback must have a good, strong, robust constitution. He is not kept "warmed up" like the players in front of him, and yet when called on he must be able to sprint, getting off his mark quickly; he must be able to withstand a long siege of pressure and then for other periods he is free. The result is that he cools off rapidly and danger from cold results.

3. Judgment. This is as imperative in a fullback as it is in a goal-keeper. Good judges of the game claim that tackling is the essential thing in a fullback. I do not quarrel with that, only I would like to point out that to be a good tackler requires good judgment. A reckless, fearless man may on occasion upset an attack, but the cool calculating player who sizes up his opponent's methods will in the long run be the better and safer back.

Not only in tackling must the budding fullback use judgment, but also in kicking. Some players have the idea that if they can kick the ball hard away from their own goal they are accomplishing their "bit," but that judgment in this always pays, can be easily imagined, for if the ball goes to an opponent he naturally will return it quickly and the result is that the fullback is in a worse position than at first. The fullback must be able to place the

ball where it will do the most good to his side. To do this he will learn to judge just how and where he should place his kick. Sure kicking is a good thing in a fullback, but accurate kicking is the acme of fullback play.

4. Hints. The fullback must remember that defensive work is what he is called on to do. Right behind him is the place on which his opponents are concentrating. To allow them to pass him is dangerous, so the first hint would be for him to study the tactics of the opposition. There are at least four different styles of outside wing play and he must adapt himself to the style opposed to him. He must become a master of strategy by closely observing the play of the man opposite.

Then a fullback must needs develop speed, short, snappy sprints, either to reach the ball in front or in recovery work. He should practice starting quickly off the mark and should take short sprints.

He should learn to kick with both feet. In football games not often is the opportunity given to a man to kick with a certain foot; he must learn to clear accurately from the position in which he happens to be. He should practice kicking with both feet and practice to kick accurately. This is not easy of attainment, but the fullback who would excel must practice long hours trying to hit a certain mark from different parts of the field and from different positions of the body. It used to be a pleasure to watch Walter Arnott kicking. No matter from what position, he could place the ball at the feet of the man who was in the position to make the best use of it, but Arnott had to practice assiduously before he could hope to be letter perfect.

A fullback should learn to get rid of the ball as quickly as possible and to the best advantage. He should not try to beat too many men in his own area.

(Continued from Page 27)

er; who passes; who kicks and who runs best with the ball. Some good runners can only run one way; some depend on their speed and run wide; others depend upon their drive and power and slant off of tackle, while still others like to run out and cut back. After a game, a scout should be able to classify these men.

Eighth: Of course, the formation, shifts, and plays are important. How does the team form its unbalanced line? What men get into the interference? What is the point of the attack?—these and a number of other things should be apparent to the skillful scout.

Ninth: If possible the scout further notes the plays used in the different zones, the number of plays used, the number of runs, bucks, passes, kicks and tricks, and from this should figure the number of plays per minute.

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## ELEMENTS OF ATTACK

(Continued from Page 15)

may strike while the men on the defense are moving to meet the play and consequently have them at a disadvantage, the psychology frequently favors the side which initiates the maneuver. The disadvantage of this plan of attack is that the offense assumes that the defense will do certain things under certain conditions and the defense may not always oblige. Further, it places a very heavy responsibility on the quarter back who must not only play his position, but observe what the defense does while the play is in progress. True, the members of his team may assist him by telling him what the opposition does under certain conditions, just as they will be expected to do under the old methods of attacking without the shift, but still the quarter back is more likely to call the wrong play under this plan than when following the older principles of offense. Likewise, the men who have shifted and who follow their shift by a drive for an opponent, who likewise is on the move, are not apt to block with the same precision that they would under the other method where the offense was set and the defense offered more or less stationary targets.

Third, yet another plan which is used by some very successful coaches is the following: The line is shifted as desired; that is, if the play calls for a tackle over, the tackle is shifted to his new position in the line. This is accomplished with more or less deliberation, but after the line shift is completed the backfield is shifted to its position for attack and this shift is made with all of the speed possible, in fact the play follows so closely after the shift that it may be said that the shift is a part of the play. In favor of this plan it may be said that it makes it possible for the line

men to get set for their offensive blocks and at the same time it worries the defense which never knows what play may follow the backfield shift or double shift.

### PRELIMINARY TRAINING

(Continued from Page 23)

game. The first game should be one in which you have no fear of results, better so that you may try out a large number of your candidates to see just what they will do under fire. From then on, each game should be a little stiffer and gradually work up to your important games, which, if possible, should be placed at the end of your season. If seventy-five per cent of practice time were spent on fundamentals, fifteen per cent on close-up basket shooting and ten per cent on scrimmaging, we would have much better basketball players.

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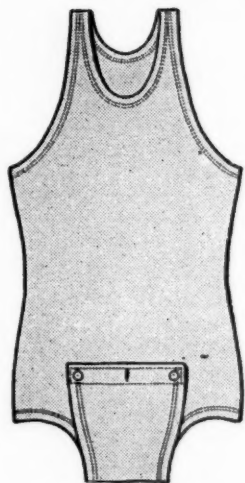
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